



Inflammatory Bowel Disease: The essential guide to controlling Crohn's Disease, Colitis and Other IBDs

Dr John Hunter

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Inflammatory Bowel Disease, such as Crohn's Disease and Ulcerative Colitis, can be hard to diagnose, but is a condition that can severely disrupt your life. There are many different forms of treatment that can lead to long remissions but at present no immediate cure exists.

In this invaluable guide, Professor John Hunter helps you diagnose your disease correctly and formulates the best treatment to keep symptoms under control so you can lead a full life. With the aid of self-assessment exercises and the latest medical research, *Inflammatory Bowel Disease* will help you discover:

- what your condition is and how severe it is
- the different drug treatments available
- when you should consider surgery
- how to control your symptoms using diet and lifestyle

With clear, accessible information and effective guidance on treatment, Professor John Hunter will help you manage your symptoms and take control of your condition.

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